



IN GOOD HEALTH

Division of Health Promotion and Education

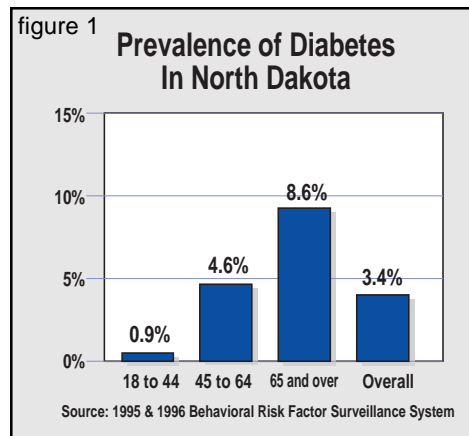
Spring 1999

Diabetes Alert!

The American Diabetes Association has proclaimed Tuesday, March 23, 1999, as National Diabetes Alert Day to highlight the millions of Americans who have undiagnosed diabetes. Diabetes affects nearly 16 million Americans; of those, 10.3 million have been diagnosed with the disease and 5.4 million have not. In addition, the number of people affected by diabetes has increased six-fold during the past four decades.

Diabetes is called a silent disease because it often has no symptoms. Approximately one-third of people with diabetes are not aware they have the disease, according to studies by the Centers for Disease Control and Prevention. The risk of developing diabetes increases with age (Figure 1). People with a family history of diabetes, diabetes during pregnancy and/or American Indian, African American, Asian American, Hispanic or Pacific Islander heritage are also at increased risk of developing diabetes. Other risk factors include being overweight, lack of exercise, high blood pressure and high blood cholesterol.

Warning signs of diabetes include fatigue, blurred vision, slow-healing cuts, frequent urination, unexplained weight loss and frequent infections. If diabetes is not diagnosed early, high blood sugars can cause damage to the eyes, kidneys and feet. Diabetes is the leading cause of blindness, foot amputations and kidney disease; however, studies show the risk of these



complications lessens with early diagnosis and treatment.

The North Dakota Diabetes Control Project, in cooperation with the American Diabetes Association,

provides free at-risk assessment kits, tests, posters and other educational materials to promote diabetes awareness activities. For more information on Diabetes Alert Day, call the American Diabetes Association at 1.800.666.6709 or the North Dakota Diabetes Control Project (NDDCP) at 701.328.2698 or visit the NDDCP website at www.health.state.nd.us/ndhd/prevent/disease/diabetes. This website includes links to 41 diabetes-related web pages, including educational information from the American Diabetes Association on Diabetes Alert Day events.

The North Dakota Diabetes Control Project in cooperation with NDSU Extension Service and NDSU School of Pharmacy will promote diabetes awareness activities and at-risk screening events at participating extension service sites and pharmacies throughout North Dakota.



Public Health Week Celebrates "Healthy People in Healthy Communities"

Public health professionals statewide will take part in annual Public Health Week activities April 5 through 11, 1999.

Titled "Healthy People in Healthy Communities," this year's campaign is designed to recognize public health accomplishments at the local, state and national levels. The week-long event is celebrated in 46 states by about 60 percent of all local public health agencies.

In North Dakota, a variety of local activities are planned, including media appearances, special events at some of the health units and activities designed to enhance understanding and appreciation of the role of public health. For more information about local events, contact your local public health unit.

North Dakota Cancer Registry

North Dakota was one of seven states without a statewide cancer registry when the United States Congress passed Public Law 102-515, Oct. 24, 1992. The law set aside monies for remaining states to initiate statewide cancer registries. The North Dakota Department of Health's Division of Health Promotion and Education worked to secure 5-year grant funding, and in 1994, the first grant money was obtained from CDC for initiating the North Dakota Cancer Registry (NDCR). July 1, 1996, North Dakota Department of Health Administrative Rule adopted mandatory reporting of all invasive and in situ cancers with the exception of basal and squamous cell skin cancers or carcinoma in situ of the cervix.

According to the mission statement of NDCR, "The primary purpose of the North Dakota Cancer Registry is to support cancer control by targeting, monitoring and evaluating programs promoting early detection, diagnosis and treatment of cancer . . . The NDCR supports local health care agencies and providers by providing summary statistics on the distribution of cancer cases by type, following cancer incidence and treatment trends throughout the state, facilitating rapid reporting of cancer thereby allowing state or local health officials to assess suspected cancer clusters or suspected cancer hazards in their local communities and providing accurate cancer data for cancer-related reports to legislative bodies and agencies . . ."

Cancer data collection started with cancer diagnosed in 1997. NDCR receives cancer data via electronic submission from those facilities with cancer registries, through pathology laboratory reporting and through partial record submissions from non-registry facilities. Once the data has been entered into the database, all records are merged together for complete and accurate totals. Quality control procedures using visual edit checks are performed on all submitted cases by the North

American Association of Central Cancer Registries EDIT program. More study will be performed on specific data for enhanced quality control.

The NDCR produces various management reports for facilities that submit information and for the central cancer registry. These reports relate to timeliness of information received, quality of data received, number of cases received vs. those expected and the percent of data coded as unknown. The North Dakota Cancer Registry adheres to strict standards for quality of information as set forth by CDC and the National Program of Cancer Registries.

Data collected by the registry will be used to produce an annual report and other reports relating to specific cancers in North Dakota. Technical newsletters and training sessions on accurate data retrieval are being planned for hospital registrars.

The NDCR has an advisory council composed of certified tumor registrars, administrative personnel, physicians, systems/data analysts and North Dakota Department of Health employees who offer support and direction to the registry.

**North Dakota
Nurses
Association
District 6
outstanding
Nurse of
the Year, 1998 —
Mary Ann Foss**



Women's Way Update

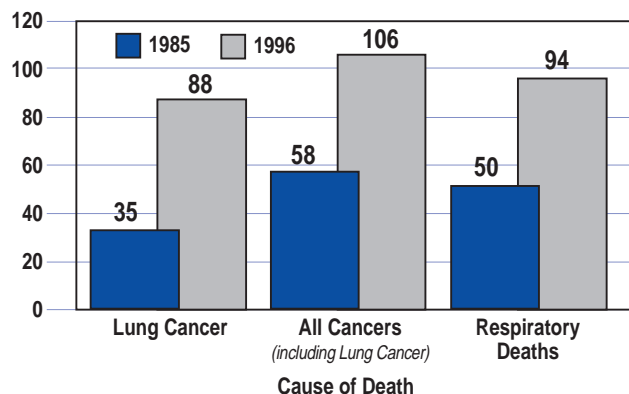
Thanks to collaborative efforts and funding from the Centers for Disease Control and Prevention, *Women's Way* has provided services to nearly 1,000 North Dakota women. Over the past 17 months a variety of partners have contributed to the early success of this program designed to provide screening services for the early detection of breast and cervical cancer. Information below provides a picture of women served by *Women's Way*.

- 982 health care providers enrolled
- 238 health care facilities enrolled
- 1,183 women enrolled
- 936 women screened
- 6 breast cancers diagnosed
- 7 cervical cancers diagnosed
- 857 White women screened
- 62 American Indian women screened
- 17 women of other races screened
- 517 women over age 50 that had a mammogram

Characteristics of women enrolled in *Women's Way*

- 52 years old
- Married
- High school graduate
- First birth at age 20
- 2 people in their household
- Income is \$914.50 per month

Increases in Smoking Related-Deaths Among Women Between 1985 and 1996



Source: Smoking-Attributable Mortality, Morbidity and Economic Costs

Core Functions Focus on Policy

Congratulations to the following places with new policies to limit tobacco use, and thanks to the people who promoted these public-health measures:

Harvey — Ordinance restricting cigarette vending machines passed the city council Jan. 4, 1999.

Rugby — Heart of America Medical Center Long-Term Care Facility will become smoke-free April 1, 1999. The rest of the Heart of America facilities went smoke-free last year.

Fargo — MeritCare Health Systems and the Fargo Cass Public Health/Family Health Care Center buildings and grounds are smoke-free. Ember's family restaurant is smoke-free on Sundays. Fargo Cass Public Health enforced their local tobacco retailer licensing ordinance with four compliance surveys this past year.

Grand Forks — The city council voted Feb. 16, 1999 to make all city buildings smoke-free, including the Civic Auditorium. The Westward Ho entertainment complex now offers a smoke-free early Comedy Club performance.

Minot — City buildings became smoke-free in October, 1998. Twenty-four percent of all restaurants are now smoke-free. In 1996, just under 10 percent were smoke-free.

Williston — The Williston Police Department completed four compliance surveys in one year to enforce the city ordinance which licenses tobacco retailers.

To report your tobacco policy successes, please contact Jeanne Prom, coordinator, Tobacco Prevention and Control Program, at 701.328.3138, or at jprom@state.nd.us.

World No Tobacco Day Begins at Home

As we celebrate World No Tobacco Day May 31, 1999, the state Tobacco Prevention and Control Program reminds us that by preventing tobacco use, we can save millions of dollars in medical expenses every year, right here in North Dakota.

WORLD HEALTH ORGANIZATION



TOBACCO OR HEALTH

Cigarette smoking costs North Dakotans an estimated \$180 million per year in medical care for adults, including \$19 million annually for our tax-funded Medicaid program. The University of California at Berkeley and San Francisco published these findings in the September/October 1998 issue of *Public Health Reports*.

In 1993, North Dakota citizens, private insurance providers and Medicaid together paid an estimated \$180 million for prescription drugs and outpatient, hospital, home health and nursing home care to treat North Dakotans with smoking-related illness and disease. That's 11 percent of all medical expenditures in these categories for that year, according to Jeanne Prom, coordinator of the state Tobacco Prevention and Control Program.

"Knowing the cost to treat North Dakotans who smoke helps show the burden this addiction puts on those individuals, families, employers and taxpayers who ultimately pay the medical bills in North Dakota," Prom said. "We can decide now that we will keep these costs from rising by making tobacco-free living the norm."

On May 31 — World No Tobacco Day — and every day, Prom urges local public health units to lead local efforts to stop the rise in medical costs by preventing tobacco use. Health units can organize community groups that work with local leaders to adopt ordinances requiring a local tobacco retail license, with license suspension as a penalty for illegal tobacco sales to minors. "We need to tell people about the high cost of tobacco use and the importance of setting a community standard that eliminates tobacco use in schools, work areas and public places," Prom said.

For more information, contact Prom at 701.328.3138.

Premature Deaths in North Dakota Attributed to Tobacco-Related Illness in 1996

- 449 Heart Disease Deaths
- 332 Cancer Deaths
- 265 Respiratory Deaths
- 3 Infant Deaths
- 1 Fire Death

In Good Health Resources

These resources are available on loan from the Division of Health Promotion and Education. Requests should be faxed to 701.328.1412, emailed to lpitzer@state.nd.us or sent in writing to:
Division of Health Promotion and Education
North Dakota Department of Health
600 E. Boulevard Ave., Dept. 301
Bismarck, N.D. 58505-0200.

A Report of the Surgeon General, Physical Activity and Health: Brings together for the first time what has been learned about physical activity and health from decades of research. The report describes the problem of physical inactivity, outlines how regular physical activity can improve health, defines moderate physical activity and provides special messages for special populations.

The Wellness Outreach at Work Program: A Step-by-Step Guide: A manual prepared by the National Heart, Lung and Blood Institute to help other workplace wellness professionals implement the principles and procedures of the Wellness Outreach at Work Program. It is designed for anyone who wants to set up a worksite wellness program or who is interested in the health of employees.

Vaccine Safety and Risk Communication: This taped videoconference

contains strategies for screening for vaccine contraindications and precautions, outlines the purpose and operation of the Vaccine Adverse Event Reporting System, lists requirements for use of vaccine information statements and summarizes the National Vaccine Injury Compensation Program.

Healthy Choices at the Grocery Store: This informative flip chart and booklet teach what each part of the nutrition facts food label means.

Food Pyramid Bingo: An exciting way to learn the basics of good nutrition, this game teaches players about food groups, serving sizes and more.

In Good Taste: A video for dentists and hygienists to show, lend and give to their patients. Uses humor and testimonials to convey dental and other health risks of smokeless tobacco use. Different races and age groups and both genders are

represented. It outlines financial, social and health-related reasons for quitting and invites the patient's family to support the quitting effort. Discusses nicotine patches, nicotine gum and how to cope with withdrawal symptoms.

Big Dipper: Modeled on a TV news magazine for teens, this entertaining video includes interviews with current and former teenage chewers as well as the older cancer victim. It covers health risks, peer pressure, "what girls think" and nicotine addiction – what teens will need to be motivated to quit chewing.

This Year – Don't Lose Any Friends: This video portrays teenager's attitudes towards driving a car and taking risks. It tells the story of two teenagers: a teenager who lost his life and how his death affected those who know him, and a teenager who survives a crash and talks about how her life has changed.

UND Continuing Education Plans Summer Classes

The North Dakota Department of Public Instruction and North Dakota Department of Health have teamed up to offer several health education courses this summer. Classes will be held throughout the state. The cost is \$35 per class with one graduate credit available. For more information, contact UND Continuing Education at 1.800.342.8230.

Class Title	Instructor	Location	Date
Bullying Prevention	Ritz	Mandan	June 22 & 23
		Grand Forks	July 27 & 28
		Dickinson	August 5 & 6
Project TNT (Toward No Tobacco)	Wahl & Rodacker	Bismarck	July 19 & 20
		Fargo	August 2 & 3
Life Skills Training	Grinsteiner & Eldridge-Sandbo	Wahpeton	August 9 & 10
		Grand Forks	August 11 & 12
Stop In the Name of Love	Grinsteiner & Simmons	Williston	June 7 & 8
		Jamestown	June 14 & 15
Totally Awesome Health	Gasparini	Grand Forks	August 9 & 10
		Bismarck	August 12 & 13
Get Real About AIDS	Bjorum & Heinrichs	Fargo	June 7 & 8
Student Assistance Programs	Metcalfe & Sattler	Bottineau	June 15 & 16

Dairy Council to Award Mini-Grants

Mini-grants will soon be available from the Dairy Council of the Upper Midwest. These grants will be given in the three-state area of North Dakota, South Dakota and Minnesota and will be awarded on Jan. 1, 2000.

The goal of the Dairy Council of the Upper Midwest is to increase calcium consumption in children between the ages of nine and 14. The maximum amount awarded will be \$3000. Agencies are encouraged to collaborate with one another and prepare an application identifying specific activities for

increasing consumption of milk-group foods within the target population.

If you are interested in obtaining a Kids Calcium Project mini-grant application, write to Dairy Council of the Upper Midwest, 2015 Rice Street, St. Paul, Minn. 55113, or fax 651.488.0265. For more information, contact Char Heer, North Dakota Dairy Council, at 1.800.642.3895.

Get Connected!

www.apha.org —Website to the American Public Health Association. Provides information about the association as well as tips for planning activities for National Public Health Week.

www.fda.gov —Links to the FDA's Center for Food Safety and Applied Nutrition. Provides information on food labeling, nutrition, dietary supplements and more.

www.aawhworldhealth.org —Website of the American Association for World Health. Links to annual events such as "World Health Day" and "World No Tobacco Day" to provide current statistics as well as the annual theme and suggested activities.

www.cancer.org —Interactive site of the American Cancer Society. Allows you to view current research on cancer-related topic of your choice.

www.diabetes.org —Website of the American Diabetes Association. Provides general information about diabetes as well as tips on nutrition, including a "recipe of the day."

www.eatright.org —Links to the American Dietetic Association website. Provides information on the latest topics in nutrition and how to locate a dietitian in your area.

www.health.state.nd.us —Website of the North Dakota Department of Health. When linked to publications, can view past and current issues of newsletters, such as In Good Health.



School Health Update

Youth Risk Behavior Survey To Be Administered

The 1999 Youth Risk Behavior Survey (YRBS) will be administered this month in many North Dakota schools. Participating schools either were selected to be part of a random sample or were given the option to participate. The survey, previously conducted in 1992, 1995 and 1997, is administered to seventh and eighth grade students and ninth through 12th grade students. Participating schools will receive a report with local data that can be compared with statewide and national data and that can help determine community needs in the areas of prevention education and early intervention services. Statewide data can help monitor trends in the health behavior of North Dakota youth. Participating schools will receive their results by the end of the 1998-1999 school year; statewide and national results will be published by fall 1999. For more information about the YRBS, contact Vanessa Dahl at 701.328.2305.

Roughrider Health Promotion Conference Scheduled

The 13th annual Roughrider Health Promotion Conference will be held June 1 through 4, 1999, in Medora, N.D. The goals of the conference include promoting healthy lifestyle concepts as well as teaching about comprehensive health education. Each school district may bring two teams consisting of three to five members. Educators, administrators, counselors, parents, nurses and interested community people are all potential team members. This year's keynote speakers are Steve Kime, national author and motivational speaker; Randi Schaeffer-Hanson, speaker and community service coordinator for Medcenter One Health Systems; and Tommy Nugent, magician and motivational speaker. The theme for this year's conference is "Shake It Up" with many social and fitness activities planned to fit the theme. The conference is limited to 300 participants, so plan your team soon! The deadline for registration is April 15, 1999.

In Good Health is published quarterly by the Division of Health Promotion and Education, North Dakota Department of Health

600 E. Boulevard Ave., Dept. 301,
Bismarck, N.D. 58505-0200.
701.328.2367

We welcome your comments
and suggestions for
In Good Health.



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Mission of the Division of Health Promotion and Education

Enable communities to promote healthy behaviors that prevent and control chronic disease and thus reduce health care costs and improve the quality of life.

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NEW STAFF



Lisa Muftic* began working at the Division of Health Promotion and Education Feb. 16, 1999. Lisa is the Cancer Prevention and Control Program epidemiologist. Her primary duties include managing data for the *Women's Way* program.

A native of Bowbells, N.D., Lisa received her bachelor's degree in sociology from NDSU and a master's degree in social sciences from the University of Chicago. She was previously employed as a research analyst for Job Service of North Dakota.



Melissa Olson is the new coordinator of the Cardiovascular Disease Prevention and Control program. She began part-time with the Division of Health Promotion and Education March 15, 1999, and will transition into full-time by May 10.

Melissa is a licensed registered dietitian with a bachelor's degree in nutrition and corporate and community fitness from NDSU. She previously taught food and nutrition classes at United Tribes Technical College.

Health Observances

March

American Diabetes Alert Month
American Red Cross Month
National Nutrition Month

April

National Cancer Control Month
National Public Health Week April 5-11
World Health Day April 7
National Cancer Registrar's Week April 11-17

May

National High Blood Pressure Month
National Melanoma/Skin Cancer Detection and Prevention Month
National Physical Fitness and Sports Month
National Nurses Week May 6-12
National Employee Health and Fitness Day May 19
World No Tobacco Day May 31

June

Cancer in the Sun Month